

## AN INSIDE LOOK AT THE DCS

*Captain Gehry is a very fascinating and intriguing individual, and I could not begin to write all there is to tell about him.*

As the newly appointed Director of Clinical Services and also Chief of Occupational Health Service, Captain Gehry is quite a busy man. He said he likes it this way and went so far as to consider himself to be hyperkinetic. Dr. Gehry stated that his main concern is the care of the patient, and in his position as DCS he will work toward shorter waiting times and better medical care as well as better working conditions for the physicians.

Captain Gehry began his Navy career in 1944 as an enlisted man and became a skivvy waver, or if you're not too salty, a signalman. He served aboard the USS CRAG (AM-214), a mine sweeper which operated in the Hainan Straits off the coast of China.

After completing his tour of active duty as an enlisted man and with the termination of World War II, Captain Gehry returned to the Citadel where he completed his undergraduate education. He then attended the Medical College of South Carolina in Charleston, receiving his M. D. degree in the summer of 1952.

Captain Gehry has a total of 13 years active duty and 14 years as a drilling reservist. He has been awarded some very impressive medals which include: World War II Victory Medal, China Service Medal, Meritorious Unit Citation with Bronze Star and the National Defense Medal. Besides serving aboard the USS CRAG, he also served aboard the USS CONSTELLATION (CV-64) as the Senior Medical Officer and completed a seven-month WESTPAC cruise. He was also stationed at Cherry Point, North Carolina as the Wing Medical Officer for the Second Marine Air Craft Wing.

The Captain informed me that his real love is at sea. His favorite hobby is one that will bring out the child in all of us - model railroads. His is a very expensive hobby, I might add. His most expensive engine cost about \$600.00. Constructed of casted brass, they are scaled down to where it is a mirror reflection of the real thing. These engines are built mainly in Japan and Korea. We wouldn't want to neglect mentioning his other hobbies which are hunting, fishing and gardening. And if you have seen his office, you would agree that he has a green thumb.

## FOUR - O

The front page in my opinion should be positive and motivating, for this reason HM1 Tim Darnell for his excellent devotion to duty, zeal and enthusiasm toward his current position with the Education and Training Department has made front page news.

Since his entry into the Navy in November of 1970, and completion of Basic Training and Hospital Corps School in San Diego CA., Petty Officer Darnell has been a great asset to the United States Navy with ten years in to date.

He has successfully completed O.R. School and Instructors School. Presently enrolled with Southern Illinois University and after completion will only be twelve hours shy of his Bachelors in Hospital Administration.

His duty stations are as follows; STATE SIDE:NRMC Balboa CA. NTC Branch Clinic Great Lakes Ill. Naval Hospital Key West FL. USS PONCE Norfolk VA. NRMC Memphis TN. OVER SEAS:NRMC Guam.

Petty Officer Darnell has received the Good-Conduct Medal and National-Defence Medal.

Petty Officer Darnell arrived here in February of 1981 and his present position is Inservice Training Instructor. Since then he has instituted a viable inservice training program. His outside activities include officiating for the base football games. And he stated that he would like to be an official for an NCAA football game.

His home of residence is La Porte City Iowa. He enjoys wood working and mechanical work. For all you ladies out there he is married and has two sons.

Petty Officer Darnell made this statement that impressed me very much: "My best duty station has always been my last one."

Keep up the good work HM1 Darnell. May you have smooth sailing through out your Navy Career!

J.L. SHMIDT Jr. RN, USN

CAPTAIN OLLIE EMERINE, MC, USN.....COMMANDING OFFICER  
CAPTAIN E.L. GEHRY, MC, USN.....DIR., CLINICAL SERVICES  
COMMANDER RICHARD COAN, MSC, USN...DIR., ADMINISTRATIVE SERVICES

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DUPLICATED SEMI-MONTHLY ON GOVERNMENT EQUIPMENT WITH NON-APPROPRIATED FUNDS AND IN COMPLIANCE WITH NAVEXOS P35 REV. JULY1958. DISTRIBUTED FREE OF CHARGE TO PERSONNEL OF THE NAVAL REGIONAL MEDICAL CENTER MEMPHIS, MILLINGTON, TENNESSEE, THE CLIPPER SOLICITS ITEMS FROM ITS READERS. OPINIONS EXPRESSED BY THE WRITERS ARE THEIR OWN AND NOT TO BE CONSIDERED AS OFFICIAL EXPRESSIONS BY THE DEPARTMENT OF THE NAVY.

HMCM NORMAN J. DAVID, USN.....EDITOR-IN-CHIEF!  
HN J.L. SHMIDT Jr., USN.....EDITOR

## Anacin Must Name Aspirin

The maker of Anacin can no longer claim that Anacin "contains the pain reliever most recommended by doctors" without disclosing that the pain reliever is, in fact, aspirin.

A recent Federal Trade Commission decision found that the ads left the impression that the pain reliever in Anacin was something other than aspirin when, in fact, the ingredient is ordinary aspirin.

The Commission found many of the challenged Anacin ads also left the impression that the product's

superiority has been proved. One example was ads containing the claim that a specified study or test "proves," "substantiates," "shows," or even goes "beyond a doubt" that Anacin is as effective as the leading prescription analgesic. The opinion noted that Anacin's purported superiority for pain relief has not been established and is open to substantial question in the scientific community.

The Commission's complaint charged that Anacin ads claim "that a recommended dose of Anacin re-

lieves nervousness, tension, stress, fatigue and depression and will enable persons to cope with the ordinary stresses of everyday life," conveying a strong message that Anacin relieves anxiety, stress and other mood problems entirely apart from its action as a pain reliever.

The FTC order requires American Home Products Corp., the manufacturer of Anacin and Arthritis Pain Formula (APF), and its advertising agency, J. T. Chase & Co., to discontinue these and other claims the FTC found false or deceptive.

# SAILOR OF THE QUARTER



HM1 DARNELL



HM3 SHLIKAS



April 15th

FEDERAL INCOME TAX DEADLINE

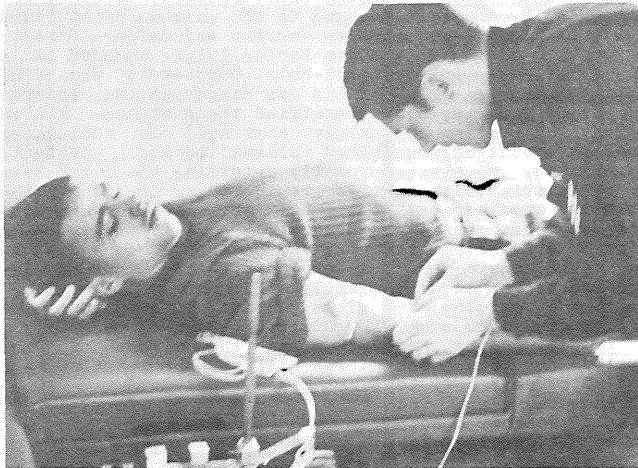
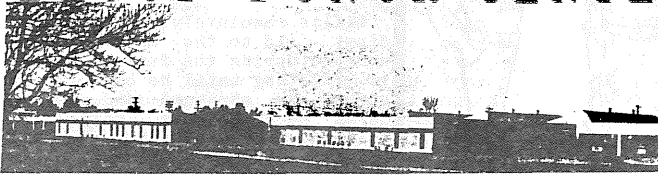
### Rhymes of the Times

IT MAY BE FUN  
TO RIDE  
SOMEONE;  
BUT THINGS MAY  
TURN ABOUT,  
AND YOU MAY  
HAVE TO TAKE IT,  
AS WELL AS  
DISH IT OUT.



AGM-AFS

# NAS BRANCH CLINIC and BLOOD DONOR CENTER



# LETS GET THE FACTS

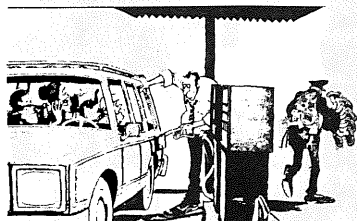
Recent research in the biological effects of smoking has brought to light some startling results! Smoking has been revealed as an unsuspected cause of many motor vehicle accidents.

One of the components of tobacco smoke is carbon monoxide. Tests have shown that when a person is smoking in an enclosed automobile the driver will inhale an amount of carbon monoxide that can have the effect of seriously retarding some of his physical faculties that are necessary for safe driving mainly his visual alertness.

A driver who is smoking and inhaling is subjecting himself to a very severe impairment of vision (by more than 30 percent) especially on a lengthy trip with windows closed. Consider the possible consequence of such reduced vision when driving at night, in the rain or fog, during dusk, facing approaching headlights, and when pedestrians or bicycle riders may be on the streets or highway. Reduced vision of up to 30 percent can easily mean the difference between having an accident and not having one - or the difference between life and death! It is also a fact that such impaired vision occurs gradually and usually goes unnoticed.

For persons interested in prolonging their lives, a number of practical measures can be taken. First of all, the most obvious safety measure is to refrain (DON'T) from smoking while driving, and to refuse to ride in a car in which someone else is smoking. Of course this action may not always be possible. So let's consider alternatives.

Whenever driving under conditions of poor lighting, i.e., at night in fog, rain, or snow, keep in mind the effects that smoking may have on your vision.



"OH, SORRY, HOW COULD YOU?.. NOT OUR FIRST BORN MALE CHILD!"



**DON'T SMOKE!** Or if you are one of those persons who must smoke, try to reduce the amount of your smoking and inhaling. Ventilate the vehicle by driving with a window partially open at all times so that you can actually feel the fresh air movement. This action will considerably reduce the concentration of carbon monoxide in the vehicle. After each puff of cigarette smoke that you inhale, pause and breath normally for at least one minute to allow your body to expel the CO and counteract its toxic effects. If weather conditions do not permit driving with a partially open window, open a window widely for at least a half minute (30 seconds) at least once every ten minutes and give the vehicle enough fresh air to purify the breathing atmosphere. Momentary breathing of fresh air every few minutes will tend to prevent excessive build-up of carboxyhemoglobin in your blood, and the consequent impairment of your vision will be reduced.

Many accidents could be prevented and lives saved if all motor vehicle drivers and passengers realized the severity of the hazard due to impaired vision resulting from inhalation of the carbon monoxide in tobacco smoke. Prudent persons should not hesitate to insist on minimal smoking in vehicles in which they are riding as well as point out to others the hazard due to smoking. These simple actions can save lives!

SAFETY OFFICE PUBLICATION  
10/26/81

# A BIT OF HISTORY

It was on 28 February 1945, Platoon Corpsman John Harlan Willis, serving with the Third Battalion, Twenty - Seventh Marines, Fifth Division, during operations against enemy Japanese forces on Iwo Jima, Volcano Island, Hill 362.

Willis resolutely administered first - aid to the many Marines wounded during the furious close-in fighting until he himself was struck by shrapnel and was ordered back to the battle aid station. Without waiting for official medical release, he quickly returned to his company and, during a **savage** hand-to-hand enemy counterattack, daringly advanced to the extreme front lines under mortar and sniper fire to aid a Marine lying wounded in a shell-hole. Completely unmindful of his own danger as the Japanese intensified their attack Willis calmly continued to administer blood plasma to his patient, promptly returning the first hostile grenade which landed in the shell-hole while he was working and hurling back seven more in quick succession before the ninth one exploded in his hand and instantly killed him.

Thus Hospital Corps Quarters BEQ-98 was dedicated on July 12, 1968, in the memory of John Harlan Willis, Pharmacist's Mate First Class, USN.



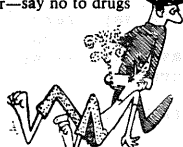
# Resist drugs

by Capt. Paul Stichick  
WASHINGTON (NES)...  
When one is associated with the military, he or she may hear the word "strength" come up during many conversations, usually in conjunction with talk about military forces and capabilities. However, there is another kind of strength that is also vital to the strength of the nation and its military forces: the strength that each of us has within ourselves.

One of the most difficult times to show that inner strength is when the element of peer pressure is present. If "the gang" is doing something that you feel is wrong, illegal or socially unacceptable, then often it is very hard to say no. Too often, you end up doing what "they" do, while ignoring your better judgment. This is most frequently the case with drugs.

Peer pressure plays a powerful and influential role in the development of a person, and it takes a special kind of person to stand alone in a crowd and say, "I don't get high." Such a response proves to yourself and shows others just how much you can resist the influence of "the gang." Refusing to do something that you feel is harmful to your physical and mental health is merely common sense. Is it sensible to put a bullet in a pistol, spin the chamber, put the gun to your head and pull the trigger? No. And regardless of what people may say, common sense dictates that drugs are not good if they are abused. Only under proper medical supervision can certain drugs be beneficial.

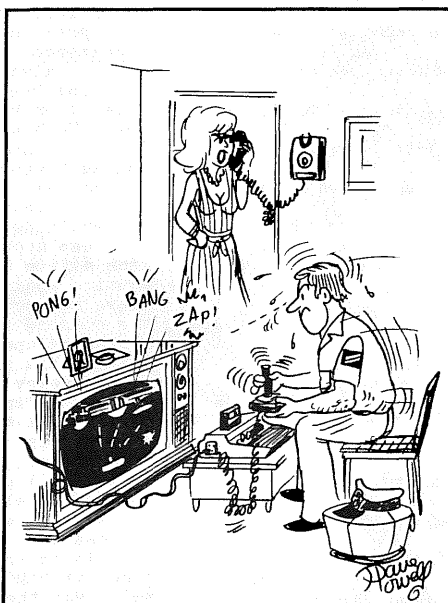
It's no big deal to tell someone what you don't want to do. You do it every day. The only difference is whether you are dealing with your friends or with someone from whom you seek no status or approval. When you are known for "having a good head on your shoulders," you command respect and admiration from those around you. You may even become the leader in your circle of friends. And remember, those people who tend to "follow the crowd" usually do just that for the rest of their lives. Stand up and be a leader—say no to drugs.



# Hail & Farewell

HMCS J. W. BAGENT  
HMC R. L. HALL  
HMC L. F. STOVER  
HM1 P. E. LEACH  
HM3 R. M. MONTGOMERY  
HN A. J. HEARN  
HN R. L. HOWERTON  
HN C. A. PICKENS  
HN D. F. WOOD  
HA M. E. BENAVIDES  
HA B. J. BENFIELD  
HA J. M. COOK  
HA D. E. GREGG  
HA L. HOLMES  
HA S. JACKSON  
HA J. R. MIDGETT  
HA M. A. ROUSH  
HA R. C. SALT  
HR R. F. BANASIJAN  
HR M. C. BANM  
HR R. P. CRUMMET  
HR M. F. ELLIS  
HR J. M. GONZALEZ  
HR R. G. GUGGENBERGER  
HR R. J. HARGRODER  
HR C. LAYNE  
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HR J. P. NELSON  
HR J. E. RILEY  
HR R. J. RUTTER  
HR D. D. SHARRON  
HR D. M. THOMPSON  
HR D. M. WAID  
HR G. W. WATKINS  
HR S. R. WILLIAMS  
HR G. E. WILSON

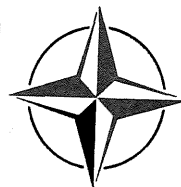
HMC D. L. COX  
HM1 J. C. WILLIAMS  
HM2 S. P. FOSTER  
HM2 J. HUBER  
HM2 C. M. MARTIN  
HM2 L. R. NELDON  
HM2 V. B. PATTON  
HM3 R. D. CLARK  
HM3 D. R. DINWIDDIE  
HM3 H. S. KLEIN  
HM3 J. OZIER  
HM3 V. OZIER  
HM3 R. A. ROBINSON  
HM3 M. J. SMOUSE  
HN S. L. ALLEN  
HN E. CHAMIZO  
HN D. B. CRISLIP  
HN R. F. DENNIS  
HN T. A. GRAY  
HN A. M. KAPP  
HN J. K. LUCAS  
HN E. MCFARLAND  
HN S. L. NETH  
HN D. A. NEWEILL  
HN R. PHILBROOK  
HN C. A. RISSER  
HN D. L. SHUPE  
HN J. W. THOMAS  
HN A. WEAVER



"Helen, I'm afraid we can't make the party tonight. Admiral Halsey, here, is losing the battle of Midway."

A POCKET GUIDE TO

# NATO



American Forces  
Information Service  
Department of Defense  
1981

## NATO Role Explained In Booklet

Your role in Europe in support of the North Atlantic Treaty Organization (NATO) is explained in the new Pocket Guide To NATO, one of a series of internal information booklets being issued by the American Forces Information Service.

The small booklet, DoD PG-30, is available through Service publications channels under the following numbers: DA Pam 360-419; NAVPERS 15409; AFP 216-12; or NAVMC 2727. It may also be obtained (for a slight charge) through the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

## Things to Do to Prevent Accidental Childhood Poisonings

1. Read and heed labels and precautionary statements on containers.
2. Store potentially harmful products out of the reach of children or lock the products up.
3. Dispose of unused portions and empty containers.
4. Avoid taking products out of original containers.
5. Avoid putting harmful substances into food or drink containers; such as storing gasoline in Coke bottles.
6. Avoid leaving children alone, especially where potentially harmful substances are accessible, i.e., the kitchen or the bathroom.
7. Recognize that children are curious about things and they learn to climb at very young ages.
8. Avoid keeping edibles and non-edibles on the same shelf.
9. Avoid calling any medicines "candy".
10. Train your children to stay away from storage areas and medicine cabinets.

# POETRY CORNER

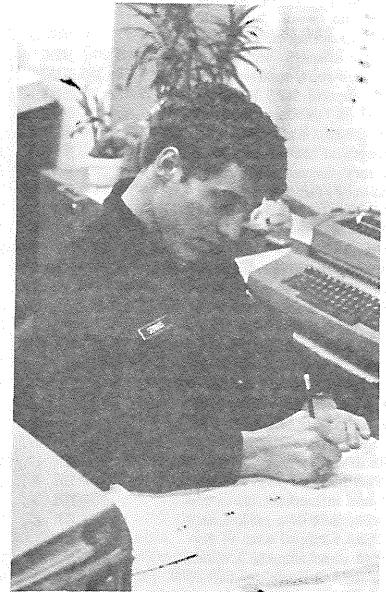
# SPOT LIGHT

A dark unfathomed tide  
Of interminable pride-  
A mystery, and a dream  
Should my early life seem;  
I say that dream was fraught  
With a wild and waking thought  
Of beings that have been,  
Which my spirit hath not seen,  
Had I let them pass me by,  
With a dreaming eye!  
Let none of earth inherit  
That vision on my spirit;  
Those thoughts I would control,  
As a spell upon his soul:  
For that bright hope at last  
And that light time have past,  
And my worldly rest hath gone:  
I care not though it perish  
With a thought I then did cherish.

By: EDGAR ALLEN POE

## FROM 'THE SKIPPER'S DESK

*The Clipper is off and flying. You, the entire staff of NRMCMemphis, continue to impress me. The pride I see exhibited throughout the command is supported by your professional dedication to the delivery of quality health care. Everywhere I go, other commanding officers, active duty members, dependents and retired personnel go out of their way to tell me about the excellent treatment received. You can justly be proud. NRMCMemphis is what it is because of the "can do" attitude of each of you. As I look back on four months since assuming command, I feel I'm the fortunate one to have been given the privilege of working with you and being your Commanding Officer.*



The Clipper Spotlight is focused on HM2 Bruce Serbus. He has been the personal clerk for the DAS here at NRMCMemphis, a position that requires a great deal of tact and diplomacy. Petty Officer Serbus has handled this position with the upmost of competence!

He is always sharp in appearance and keeps the mass of "red-tape" from becoming a massive mess. He has been a great asset to this command as well as the United States Navy.

Since his arrival here at NRMCMFS, in January of 1980, from Roosevelt Roads Puerto Rico, he has been assigned to the Chaplains office and then to the Executive Suite of the hospital, where he keeps the Executives of the command informed of appointments and upcoming events.

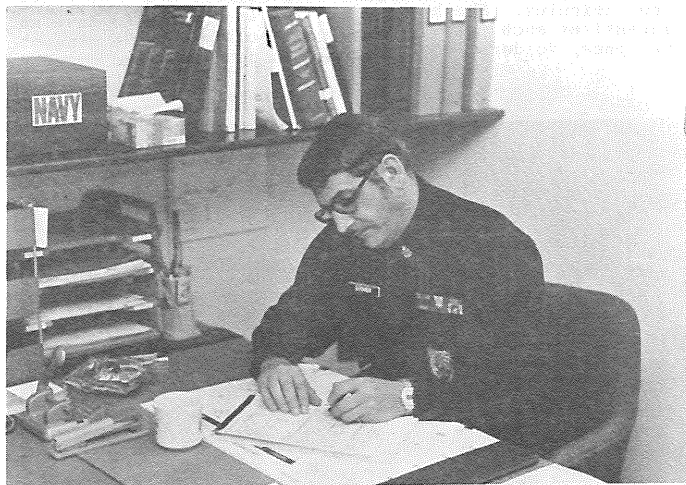
When this article comes out in the January and February edition of the Clipper, Petty Officer Serbus will have left us to become a civilian. To pursue another facet of his life that he feels will give him that well rounded knowledge, which he feels will be necessary for his success in life.

It is on this note that we here at NRMCMemphis say farewell. May the sun be at your back and may you have calm skies in your new endeavors.

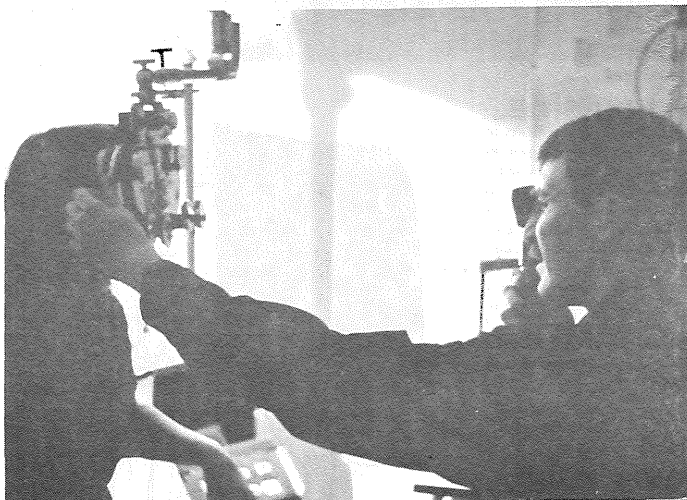
J.L. SHMIDT Jr. HN, USN



# A SPECIAL WELCOME ABOARD TO



CMAA, HMC STOVER  
SECURITY



LT. NETHERCUTT, MC, USN  
OPHTHALMOLOGY CLINIC

## Are you a metric whiz?

WASHINGTON (NES) ...For each of the following 10 questions, choose the best answer and put a check in the space provided:

1. A gram weighs about the same as:  
☐ A. an apple.  
☐ B. a dime.  
☐ C. a pineapple.
2. A meter is about the height of:  
☐ A. a door.  
☐ B. a kitchen counter.  
☐ C. the seat of a chair.
3. Water freezes and boils at:  
☐ A. 32 degrees Celsius and 212 degrees Celsius (C).  
☐ B. 100 degrees C and 200 degrees C.  
☐ C. 0 degrees C and 100 degrees C.
4. A coffee cup holds about:  
☐ A. 2 milliliters (ml).  
☐ B. 20 ml.  
☐ C. 250 ml.
5. A newborn baby weighs about:  
☐ A. 3 kilograms (kg)  
☐ B. 30 kg.  
☐ C. 300 kg.
6. The height of a tall man is about:  
☐ A. 20 centimeters (cm).  
☐ B. 200 cm.  
☐ C. 2,000 cm.
7. Normal human body temperature is:  
☐ A. 25 degrees Celsius (C).  
☐ B. 37 degrees C.  
☐ C. 45 degrees C.
8. A liter of milk is:  
☐ A. larger than a quart.  
☐ B. smaller than a quart.  
☐ C. the same size as a quart.
9. A liter of water weighs:  
☐ A. 1,000 grams (g).  
☐ B. 10 g.  
☐ C. 100 g.
10. The thickness of a dime is about:  
☐ A. 0.1 millimeters (mm).  
☐ B. 1 mm.  
☐ C. 5 mm.

Answers:

(Courtesy of Staffaces)

- B. (1) A. (2) B. (3) C. (4) C. (5) A.  
 B. (6) B. (7) B. (8) A. (9) A. (10) B.

SOUTHERN ILLINOIS UNIVERSITY :  
 You may be able to complete requirements for a four year degree from SIU in as little as 16 months. Classes are held at NRMCMemphis, and applications are now being accepted for the Spring semester which will begin 9 January 1982. Military dependents, civilian employees of the base, and active duty military personnel may enroll in this on-base program. Persons interested in earning a B. S. Degree in Health Care Services should call Mary Ann Moore or Janet Neil at 872-8621, or visit the SIU office located in room 323, NRMCMemphis. Our new office hours are from 1000 to 1500, Monday thru Friday.

# STU IN 1982

SIU (SOUTHERN ILLINOIS UNIVERSITY) this is a program intended to give the education needed for a Bachelors in Hospital Administration. You will however need additional college other than that which is offered from SIU to complete your degree. These classes are held here at the hospital.

There has been a major problem in the past with SIU, and that was the position of Coordinator has been a vacant one for the last five months. This problem has been corrected and the position filled.

My research in this area shows this person to be quite competent and capable, with a great deal of educational background. Who is this person? Her name is Mary Ann Moore. That sounds familiar, or should. Her husband is the Chief of Dental Service.

Lets get down to her qualifications, she has a Bachelors in Journalism from the University of Florida. Home of the Florida Gators. A Masters in Education from Georgia State and is presently working on her PhD in education from SIU. She has had the opportunity to instruct various military educational programs. And was the Curriculum Advisor in Hawaii.

Ms. Moore is really on the move, from setting new office hours (10 am to 3 pm) to changes in the corps curriculum. She has instated incentives such as SIU coffee cups, pens, folders, etc.

She is definitely actively involved, for example: She will be instructing one of the classes her self (class 416). She did have this comment she wanted in print; "We would like to have an open door policy, so a student is free to come in and openly and honestly be evaluated and ask for advice."



## Heating savers: when it's cold outside...

WASHINGTON (NES)... Heating your home accounts for most of your energy costs. So you don't waste any of that precious, conditioned air—whether you pay for it yourself or pay a landlord for it—follow these suggestions:

- If you use electricity for heating, consider a heat pump system. The heat pump uses thermal energy from outside for both heating and cooling. These pumps cost from about \$2,000 for a whole-house unit to about \$425 for a room-size unit. But they can cut your use of electrical heating by 30 to 40 percent and may also provide some savings in cooling costs.

- Close off unoccupied rooms, and shut their heat vents. (This does not apply if you use a heat pump; shutting vents could harm it.) Remember to keep closet doors closed, too.

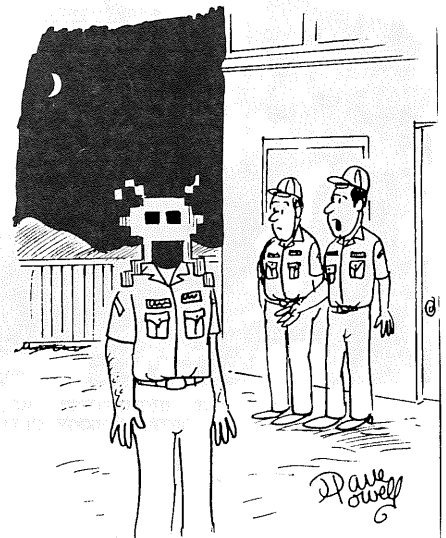
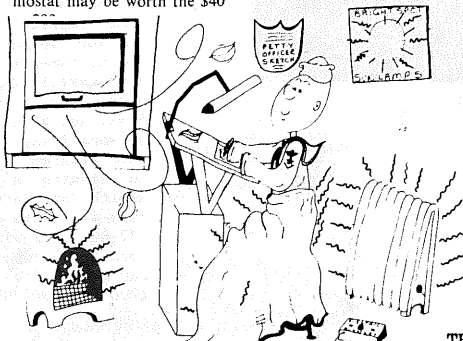
- If your house has a fireplace, keep its damper closed unless there is a fire going. An

open damper in a 48-inch square fireplace can let up to 8 percent of your heat out the chimney.

- Consider using a clock thermostat for your heating system. It will automatically turn down the heat for you at a regular hour before you retire and will turn it up again before you wake. While you can easily turn your thermostat back at night and up again in the morning yourself, the convenience of a clock thermostat may be worth the \$40

- Clean or replace filters in a forced air heating system about once a month for better heating efficiency. Be sure to check the ductwork, especially at connection points. Repair leaks with duct tape or caulking.

- As the nights become cooler, add a blanket instead of turning on the heat. Even if you use an electric blanket, you'll save energy and heating costs.



"I STILL SAY JOHNSON IS SPENDING TOO MUCH TIME PLAYING THOSE VIDEO GAMES..."